

Broccoli Salad

Makes: 8 servings

Chopped broccoli, raisins, onion and crumbled bacon make this colorful salad a tasty side dish.

Ingredients

- 6 cups** broccoli (chopped)
- 1 cup** raisins
- 1** red onion (medium, peeled and diced)
- 2 tablespoons** sugar
- 8** bacon slices (cooked and crumbled, optional)
- 2 tablespoons** lemon juice
- 3/4 cup** mayonnaise, low-fat

Directions

1. Combine all ingredients in a medium bowl.
2. Mix well.
3. Chill for 1 to 2 hours.
4. Serve.

Notes

Learn more about:



- [Broccoli](#)
- [Onions](#)

Nutrition Information

Nutrients	Amount
Calories	149
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	142 mg
Total Carbohydrate	27 g
Dietary Fiber	3 g
Total Sugars	17 g
Added Sugars included	4 g
Protein	3 g
Vitamin D	0 IU
Calcium	44 mg
Iron	1 mg
Potassium	371 mg

N/A - data is not available

MyPlate Food Groups

 Fruits	1/4 cup
 Vegetables	3/4 cup

- [Citrus Fruits](#)

Source: Arizona Nutrition Network, Healthy Lifestyles 2003In the Kitchen with Chef Stephanie Green